

JANEL W. JUDGE

Mental Health Counselor, Life Coach, Motivational
Speaker, Trainer



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ENCOURAGING AND EMPOWERING OTHERS IS WHAT I'M CALLED TO DO.

- Janel began a career in the Human Services sector in 2009. Helping and empowering others from all walks of life has always been a passion for her. "As a counselor and life coach, I am often the catalyst to change for my clients. I seek to promote motivation, transformation and growth to those I provide services to, all while pushing them to move past their fears and walk confidently toward their destiny."
- As a speaker and trainer, Janel is credited with inspiring, empowering and igniting her audience to take-action. Her personal stories of courage, faith and her ability to overcome obstacles are used as tools to motivate her audience to harness the power and resilience within them; to get them to live their lives unapologetically and authentically.
- Her style of speaking is engaging, captivating, interactive and full of positive energy. She has a dynamic, no-nonsense approach to speaking that is realistic, funny and practical. Her ability to uniquely engage her audience is unmatched. She has a way of bringing to life any topic she presents.
- Janel's philosophy on life is "it's nice to be important but it's more important to be nice." She strives to have a positive interaction with everyone she meets and hopes to leave a positive, lasting impression on those whose life she has touched. Her commitment to provide professional, client-centered services is paramount in everything she does.

TESTIMONIALS “

"Janel is always well prepared, well rounded and always the consummate professional. She maintains a standard of professional and personal excellence and works extremely well and effectively with everyone she meets." Rev. Kinzer M. Pointer – Pastor, Liberty Baptist Church

"Ms. Judge is an extremely professional, competent counselor who genuinely cares about the clients she serves. She continuously strives to make a positive impact not only in the lives of her clients but in her community as well." Danielle N. Freeman – Organizer, NYSUT - New York State United Teachers

SIGNATURE TOPICS



From Masks to Mirrors



Healing From Past Hurt



How To Manage Stress and Anxiety



Understanding and Setting Healthy Boundaries